

Empaths:

How to protect
your energy.



POWERED

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Everything is made out of energy, and energy is always moving (vibrating). It has an effect on all of us down to a cellular level - if your molecules aren't protected, angry molecules from other people can get through your energy shield and make **your** molecules angry.

Empaths are people that feel the emotions of others even stronger, and more intensely. They recognize other people's emotions early on.

Empaths can be over sensitive to things that affect your senses.

As an empath, it is important to protect your energy and only let in the vibrations that you want in.

16 Ways To

Protect Your

Energy



- Get out in nature
- Focus on your breathing (meditation)
- Bath or shower - wash your hands, or put your feet in water if a shower isn't possible
- Get near any sort of water - ocean, river, etc. (Listening to waves on an app counts).
- If you feel something and you're aware it isn't yours to feel, tell yourself "this is not me" - reflect things off of you
- Music is an energy vibration. Any music you love will help to build the energy in your bubble
- Movement/shake & wriggle things out - great in the morning, or before/after feeling hard things



- Unplug and take alone time. Ask what your intuition is telling you
- Laughing is a form of vibration as well - 1 minute of laughing increases your immune system for 24 hours
- Kindness (even small things, like holding open a door for someone, saying hi)
- Creativity - art, gardening, knitting, dancing, etc.
- Oils, stones, or crystals. Rose quartz is one everyone should have for self-love
- Being near animals
- Get good sleep
- Support - being in some sort of group or community
- Water - drink it as soon as you're feeling anything related to being an empath (flushes you out).